



## ***Complete your Additional Wellness Activity by November 30, 2017.***

You have until **November 30<sup>th</sup>** to complete your Additional Wellness Activity. It is the final requirement to receive the reduced wellness rate for your 2018/2019 medical insurance premiums.

If you have not already, please complete one of the following activities by November 30, 2017, to fulfill your additional wellness requirement:

- **Annual Preventive Physical**
  - To obtain a preventive physical, schedule an appointment with your primary care physician. Your physical must take place between December 1, 2016 and November 30, 2017 to receive wellness credit.
    - Click [here](#) to find an in network [BCBSNC](#) provider.
- **Preventive Dental Cleaning**
  - To obtain a preventive dental cleaning, schedule an appointment with your Dentist. Your cleaning must take place between December 1, 2016 and November 30, 2017 to receive wellness credit.
    - Click [here](#) to find an in network [Delta Dental](#) provider
- **Flu Shot**
  - *Onsite Flu Shot Clinic*
    - Flu Shot clinics will be available to benefits eligible City of Durham employees and dependents. See the attached wellness calendar below for dates locations and times, or consult the HR CODI site.\*
  - *Primary Care/Pharmacy*
    - To obtain a flu shot, you can see your primary care physician, or visit a local pharmacist that participates in the BCBSNC network and provide your health insurance card.
- **Nutritionist Visit** (6 free visits per benefit year - only need to complete one visit)
  - To see a nutritionist you can click [here](#) to find a provider, and type in Licensed Dietician/nutritionist and select your location. Find your preferred provider, and attend at least one appointment on or before November 30, 2017.
- **City Sponsored Wellness Event/Challenge**
  - During the 2017-2018 benefit year, Human Resources will schedule Wellness events, and communicate each event individually. These events include the Annual Health and Safety Expo, the Annual Wellness Booster, Financial Wellness, Ready Step Go!, and the Schewel Challenge. Consult the [HR CODI site](#) for dates locations and times.
- **Approved Departmental Wellness Activities**
  - Departments have the option to provide wellness activities for their employees; however, these activities must be pre-approved by Human Resources for employees to receive wellness credit.

\*The wellness calendar is subject to change; please consult the [HR CODI calendar](#) for the most up to date information.








Please call HR Connect at (919) 560-4214 or email [HRConnect@DurhamNC.gov](mailto:HRConnect@DurhamNC.gov) for assistance.

# Stay in network and save

As a Delta Dental PPO plus Premier member, you may see any dentist you like. However, there are advantages to choosing a dentist who belongs to one of Delta Dental's two dentist networks.

<b>Delta Dental PPO<sup>SM</sup> dentists</b>	<ul style="list-style-type: none"> <li>No balance billing on covered services</li> <li>Most significant network discounts with nearly 1,900 dentists in North Carolina</li> <li>Dentists file claims for member</li> </ul>
<b>Delta Dental Premier<sup>®</sup> dentists</b>	<ul style="list-style-type: none"> <li>No balance billing on covered services</li> <li>Significant network discounts with more than 2,900 dentists in North Carolina</li> <li>Dentists file claims for member</li> </ul>
<b>Out-of-network dentists</b>	<ul style="list-style-type: none"> <li>May be balance billed</li> <li>No network discounts</li> <li>May need to file own claims</li> </ul>

**How it works**—As shown below, your lowest out-of-pocket costs result from going to a Delta Dental PPO dentist.

Example savings for a crown by network	 Estimated charge	 Maximum allowed fees	 Percentage paid by Delta Dental	 Amount Delta Dental pays	 Amount dentist can balance bill	 Total amount you pay	 Your total cost savings
<b>Delta Dental PPO</b>	\$1,500	\$900	50%	\$450	\$0	\$450	<b>\$600</b> ✓
<b>Delta Dental Premier</b>	\$1,500	\$1,000	50%	\$500	\$0	\$500	\$500
<b>Out-of-network</b>	\$1,500	\$1,200	50%	\$600	\$300	\$900	\$0

**Delta Dental PPO dentists**

Delta Dental PPO dentists have **agreed to charge \$900 for the \$1,500 service, a savings of \$600**. Your **Delta Dental plan covers 50 percent** of the cost. Assuming you've already met your deductible for the year, **Delta Dental will pay \$450 and you'll pay \$450**.

**Delta Dental Premier dentists**

Delta Dental Premier dentists have **agreed to charge \$1,000—a savings of \$500** compared to the fee the dentist usually charges. Assuming you've met your deductible, **Delta Dental will cover 50 percent** of that \$1,000, **paying \$500. You'll also pay \$500**. That's an extra **\$50 tacked on to your share of the bill** when compared to what you would have paid with a Delta Dental PPO dentist.

**Out-of-network dentists**

Out-of-network dentists **have not agreed to charge lower fees and can bill the full \$1,500**. Delta Dental has set a limit on the accepted amount at \$1,200, which means **Delta Dental's share of the tab is \$600**. The dentist can bill you the difference between Delta Dental's payment and what they charge. This leaves **you with a bill of \$900, which includes the \$300 the out-of-network dentist can "balance bill."**

NOTE: Payment examples above are illustrative only. Fees and reimbursements can vary by location and dentist. They do however represent how payment is determined.

Find Delta Dental participating dentists near you by using the search feature on our website at [www.deltadentalnc.com/findadentist](http://www.deltadentalnc.com/findadentist), or by calling Delta Dental toll free at 800-662-8856.

## 2017 City of Durham Wellness Calendar\*

Date	Clinic Type	Location	Address	Start Time	End Time
9/7/2017	Biometric Screening	City Hall	101 City Hall Plaza	7:30 AM	11:00 AM
9/8/2017	Biometric Screening	Police Department	505 W Chapel Hill Street	7:30 AM	11:00 AM
9/11/2017	Biometric Screening	MLK- Water Management	1100 Martin Luther King Jr	7:30 AM	11:00 AM
9/14/2017	Biometric Screening	City Hall	101 City Hall Plaza	7:30 AM	11:00 AM
9/20/2017	Biometric Screening	City Hall	101 City Hall Plaza	7:30 AM	11:00 AM
9/22/2017	Flu Shot	Public Works	1100 Martin Luther King Jr Parl	7:00 AM	11:00 AM
9/26/2017	Flu Shot	Police Department	505 West Chapel Hill Street	8:00 AM	11:00 AM
9/27/2017	Biometric Screening	Police Department	505 W Chapel Hill Street	7:30 AM	11:00 AM
9/28/2017	Biometric Screening	Solid Waste	1833 Camden Avenue	6:30 AM	10:00 AM
10/10/2017	Biometric Screening	Police Department	505 W Chapel Hill Street	7:30 AM	11:00 AM
10/10/2017	Flu Shot	MLK- Water Management	1100 Martin Luther King Jr Parl	7:00 AM	11:00 AM
10/11/2017	Women's Symposium	Solid Waste	1833 Camden Ave	9:00 AM	Noon
10/12/2017	Biometric Screening	City Hall	101 City Hall Plaza	7:30 AM	11:00 AM
10/12/2017	Flu Shot	Police Department	505 West Chapel Hill Street	11:00 AM	2:00 PM
10/18/2017	Flu Shot	City Hall	101 City Hall Plaza	8:00 AM	12:00 PM
10/19/2017	Flu Shot	City Hall	101 City Hall Plaza	9:00 AM	1:00 PM
10/24/2017	Biometric Screening	Police Department	505 W Chapel Hill Street	7:30 AM	11:00 AM
10/25/2017	Flu Shot	Police Department	505 West Chapel Hill Street	8:00 AM	11:00 AM
10/26/2017	Biometric Screening	City Hall	101 City Hall Plaza	7:30 AM	11:00 AM
10/26/2017	Flu Shot	Solid Waste	1833 Camden Ave	6:00 AM	9:30 AM
11/2/2017	Biometric Screening	City Hall	101 City Hall Plaza	7:30 AM	11:00 AM
11/6/2017	Flu Shot	Fire Adminstration	2008 E. Club Blvd	8:00 AM	1:00 PM
11/7/2017	Flu Shot	Fire Adminstration	2008 E. Club Blvd	9:00 AM	2:00 PM
11/8/2017	Flu Shot	Fire Adminstration	2008 E. Club Blvd	10:00 AM	3:00 PM
11/9/2017	Flu Shot	Fire Adminstration	2008 E. Club Blvd	11:00 AM	4:00 PM
11/10/2017	Flu Shot	Fire Adminstration	2008 E. Club Blvd	12:00 PM	5:00 PM
11/16/2017	Biometric Screening	Solid Waste	1833 Camden Avenue	6:30 AM	10:00 AM
11/30/2017	Biometric Screening	City Hall	101 City Hall Plaza	7:30 AM	11:00 AM
12/5/2017	Social Security Presenation (Na	Solid Waste	1833 Camden Ave	9:00 AM	11:00 AM
TBD	Schewell Challenge	Downtown Durham	MM 00	8:00 AM	Noon

\*Dates & Times are Subject to Changes